GREENSBORO PARKS AND RECREATION

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Published quarterly for the friends, neighbors & patrons of Bur-Mil Park

Fall 2008

BUR-MIL PARK

Bur-Mil Park is owned by Guilford County and operated by the Greensboro Parks & Recreation Department. Activities include par-3 golf course, driving range, tennis, hiking and biking trails, fishing, picnic shelters, Family Aquatic Center, and the Frank Sharpe Jr. Wildlife Education Center. The Bur-Mil Clubhouse is also available to the public on a rental basis for special events. We cordially invite you and your family to visit us soon!

5834 Bur-Mil Club Road 27410 Main Office: 336-373-3800 Fax: 336-373-3810 www.burmilpark.org

Park Hours: 8 am – sunset
All other facility hours vary according
to the season. Call ahead for times.

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Precision Golf & Tennis School 336-510-GOLF

Frank A. Sharpe Jr. Wildlife Education Center 336-373-3802

Karate and Yoga Instruction now available at Bur-Mil Park!



We are pleased to be partnering with Susan Price Yoga Instruction and the Mike Carr Karate School to bring Yoga and Karate/Self Defense Classes to the Bur-Mil Clubhouse!

Yoga exercises will help you to improve your flexibility, strength and balance. A Beginner Yoga class takes place on Tuesdays from 6:45 – 8 pm. This class will cover fundamentals of basic Yoga poses,

breathing techniques for relaxation, alignment principles, and transitioning in and out of poses safely. Beginner Power Flow is offered on Thursday nights for students with some Yoga experience. In addition to poses and breathing techniques, this level also includes an introduction to inversions, backbends, twist, and vinyasa style. This class is great for athletes who want to improve flexibility. Classes are \$50 for a six class session and \$90 for a twelve class package. Walk-ins are welcome at \$10 per person. For more information or to register please call 373-3803.



Through Mike Carr Karate, we will be offering 3 different programs for varying age groups. *Kid's Karate* is offered on Thursday evenings beginning September 11 from 7-8:15 pm for \$40 per month. These classes are designed for children ages 4 and up. Children will learn effective bully resistance techniques, stranger danger, and respect for teachers and parents.

The *DaughterSafe* program is an empowering program of self protection for young

women 8-18 years of age. The class is not a karate program but students will learn quick verbal and physical means of self defense and effective methods of diffusing a situation before it becomes physical. It will also include a presentation on internet safety and the risks of predators. *DaughterSafe* will be held on October 18 from 1-4 pm for \$99.

Mom Safe is a class for adult women looking to increase their confidence and skill in direct confrontations both verbal and physical. This is a 6 week session to be held on Tuesday's beginning September 16 from 10-11 am.

All classes will be held in the Clubhouse. For more information or to register, please call 373-3819.

Employee Spotlight Tiffany Stoddart

is truly an asset to the park.

Have you been to the Wildlife Center lately?

If so, you may have noticed several changes in our exhibits including upgrades in habitats and additional hands-on activities. This is due in part to the hard work and expertise of Wildlife Center Attendant Tiffany Stoddart, whose creative spark and technical skill have been an invaluable addition to the WEC. Aside from designing and constructing the new exhibits and developing new programs including Nature Photography, she greets visitors with a smiling face and is always available for the impromptu tour. Tiffany has a Bachelor's Degree in

Biology and has worked with several Nature Centers in NC

and Florida. She has been with Bur-Mil since June of 07 and

Bur-Mil Park's Annual Fall Festival Saturday, October 11th, 10 am -3 pm

This event is a fun-filled day of activities for adults and children including hayrides, pumpkin decorating, face painting, hands-on animal activities, fair food, guided hikes, wildlife classes, games, prizes, live entertainment and more. This event is free and appropriate for all ages.

For more information, please call 373-3800 or visit www.burmilpark.org.

If you would like information regarding setting up as a vendor or exhibitor, or to learn about volunteer and sponsorship opportunities, please call 373-3819.

2008/2009 Teacher Work Day Camps

Bur-Mil Park is offering 1-day Teacher Workday Camps for children in Kindergarten through the 5th grade. Children can enjoy a day of wildlife & environmental education, arts & crafts, games and more! Camp hours are 7:30 a.m. to 5:45 p.m. For more information call 373-3805.

- October 27
- November 4
- November 11
- January 26
- February 20
- March 30

Upcoming Wildlife Education Classes

WILDERNESS SURVIVAL SERIES

Saturdays, Sept. 13th, 20th, 27th 10 am – 12 pm \$2 per person, per session

NATURE CRAFTS FOR CHILDREN

Friday, October 10th 6-7:30 pm \$5 per person, per session

FALL FOLIAGE

Friday, November 14th 6-7:30 pm \$2 per person

HOUSEHOLD WILDLIFE

Saturday, November 29th
10 am - 12 pm
\$5 per person

NATURAL CHRISTMAS CRAFTS

Friday, December 5th 5-8 pm \$5 per person

For more information, or to register for classes, please call 336-373-3802 or visit our website for more information.

Living, the Wild Life Environmental Education Series

The following classes are being offered this fall as part of the Living, the Wild Life series. For more information on dates and locations of these classes, please visit our website at www.burmilpark.org or call 373-3802.

Playing in the Dirt- Learn how our existence depends on the unique talents of macroinvertebrates.

Arboretum – Sept. 22, 10 am -12 pm NC Coop. Extension- Sept. 23, 6:30-7:30 pm Bur-Mil Park – September 27, 6:30-7:30 pm

Piedmont Predators- Learn about the types of predators, their prey and the impact they have on an ecosystem.

Lake Higgins- October 1, 6:30-7:30 pm Bur-Mil Park – October 4, 10 am -12 pm Hagan Stone Park- October 17, 10 am -12 pm



The following classes are being offered this fall as part of the Growing, the Green Way series. For more information on dates and locations of these classes, please visit our website at www.burmilpark.org or call 375-5876.

Invasive Plants- September

Shade Gardening- September

Composting- October

Halloween Harvest- October

Winter Interest Plants- November

Winterizing Tools- November



Join us for
Bur-Mil's Annual
Visit with Santa!
Sunday, Dec. 7th
2-6 pm
Crafts, food, music,
and Santa!



Join us for an Environmental Education Class at the Frank Sharpe Jr. Wildlife Education Center

This coupon is good for one free entry into a class of your choice when accompanied by a paying guest. Expires 12/31/08 Excludes Fly Fishing and some other specialty programs.

Please call 373-3802 to register.



All programs and facilities are open to all citizens free of discrimination on the basis of race, color, religion, sex, national origin, age or handicap.

Bur-Mil Park is owned by Guilford County and operated by the City of Greensboro's Parks and Recreation Department.

To learn more about the park and it's programs, please visit our website at www.burmilpark.org

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